HOW TO ORDER REPLACEMENT PARTS

To order replacement parts, please see the front cover of this manual. To help us assist you, be prepared to give the following information:

- the MODEL NUMBER of the product (WEEVBE1926.0)
- the NAME of the product (WEIDER PRO 330 weight bench)
- the SERIAL NUMBER of the product (see the front cover of this manual)
- the KEY NUMBER and DESCRIPTION of the part(s) (see the PART LIST and EXPLODED DRAWING on pages 17, 18, and 19)

Part No. 241076 R0706A

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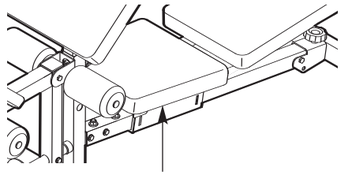
WEIDER®
PRO 330

Model No. WEEVBE1926.0
Serial No. _____

Write the serial number in the space above for future reference.



Serial Number Decal (Under Seat)

QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing or damaged parts, please call:

08457 089 009

or 0 (44) 113 3877133 for telephone calls outside the UK.

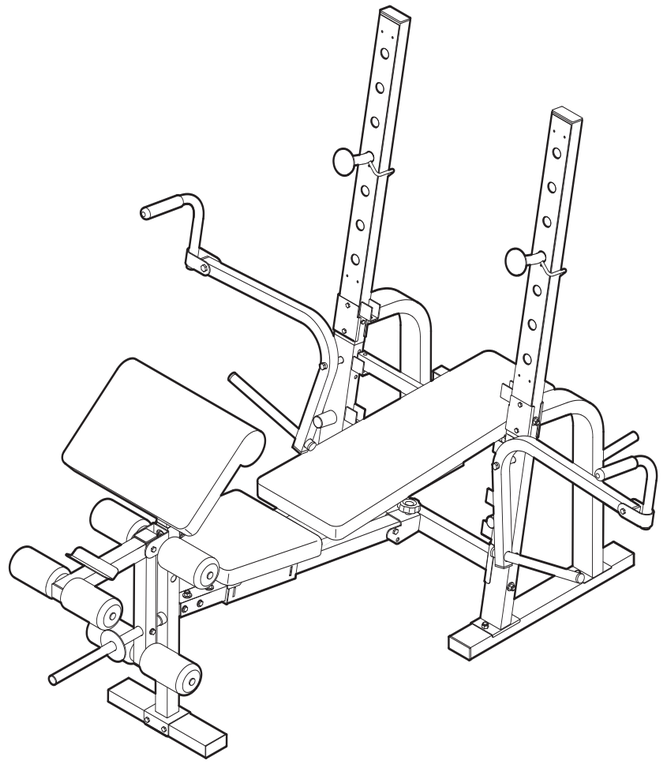
Or write:
ICON Health & Fitness, Ltd.
Unit 4
Revie Road Industrial Estate
Revie Road, Beeston
Leeds, LS11 8JG
UK

Fax: 0 (44) 113 3877125
E-mail: csuk@iconeurope.com

⚠ CAUTION

Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.

USER'S MANUAL



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WEIDER®

PRO 330

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HOW TO ORDER REPLACEMENT PARTS . . . . . Back Cover

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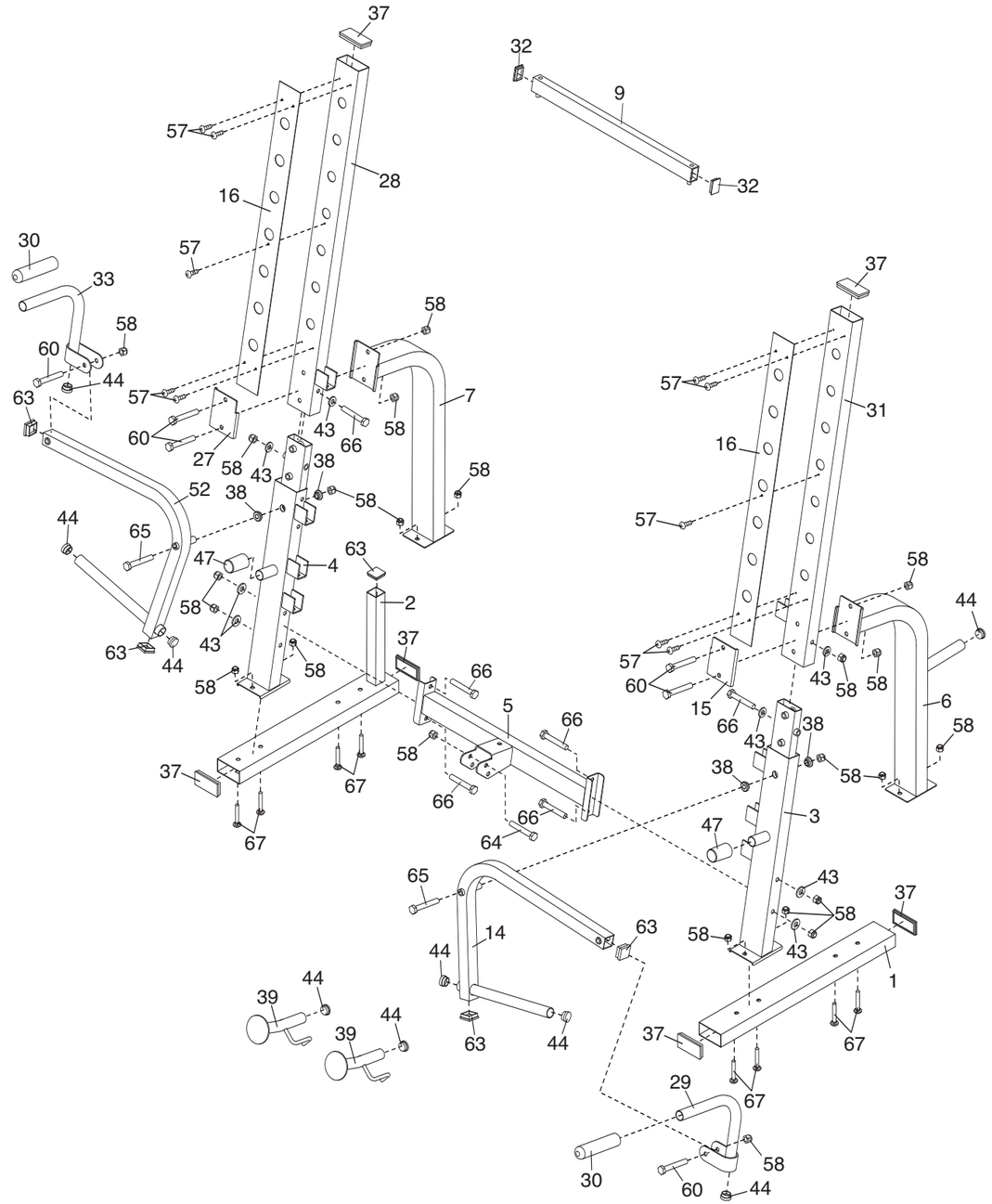
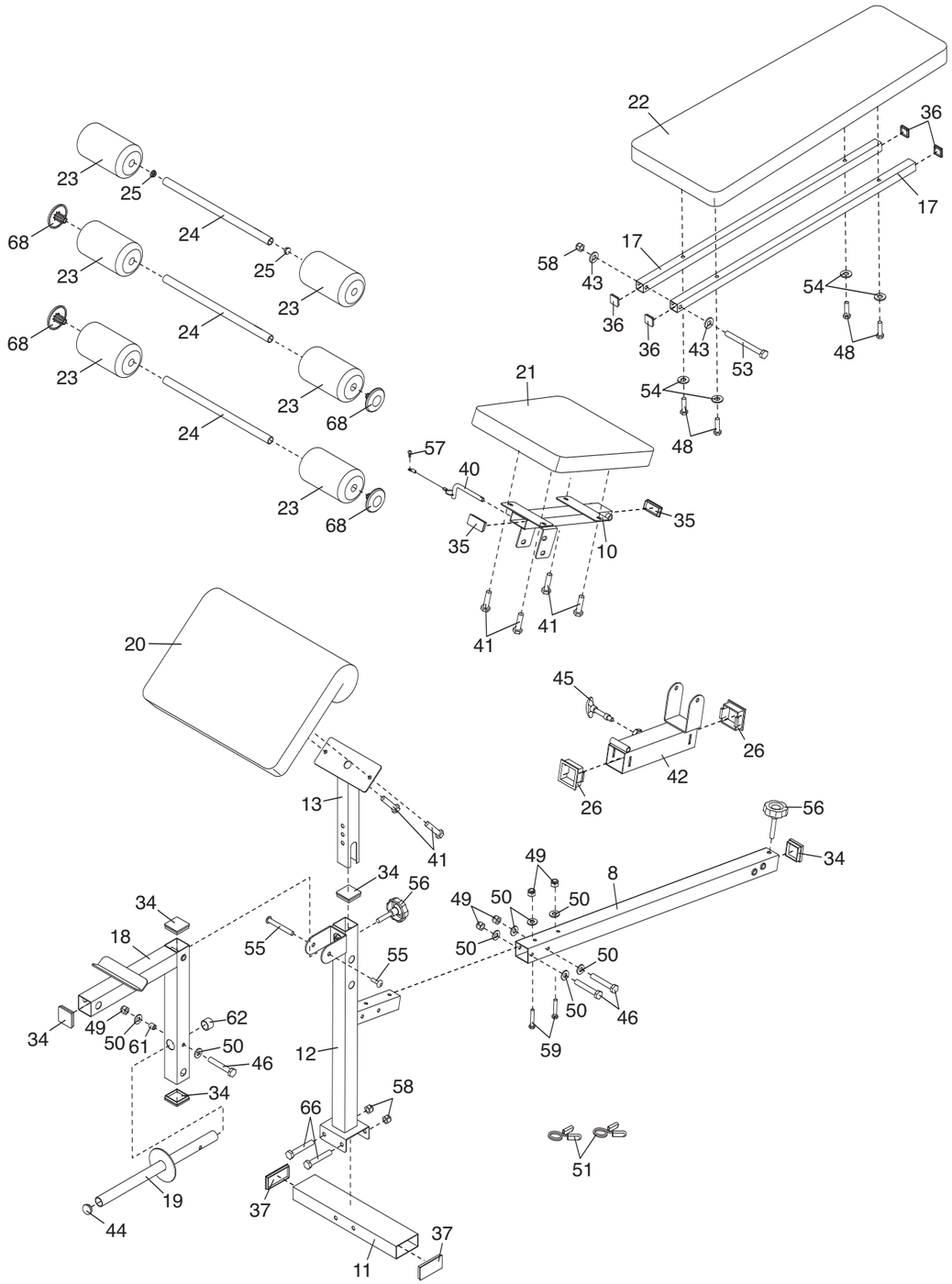
EXPLODED DRAWING B—Model No. WEEVBE1926.0 R0706A



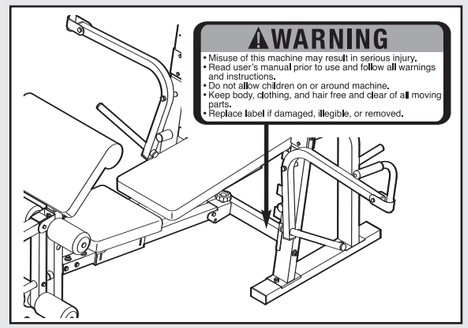
EXPLODED DRAWING A—Model No. WEEVBE1926.0 R0706A



IMPORTANT PRECAUTIONS

⚠WARNING: To reduce the risk of serious injury, read the following important precautions before using the weight bench.

1. **Read all instructions in this manual and all warnings on the weight bench before using the weight bench. Use the weight bench only as described in this manual.**
2. **It is the responsibility of the owner to ensure that all users of the weight bench are adequately informed of all precautions.**
3. **The weight bench is intended for home use only. Do not use the weight bench in any commercial, rental, or institutional setting.**
4. **Keep the weight bench indoors, away from moisture and dust. Place the weight bench on a level surface, with a mat beneath it to protect the floor or carpet.**
5. **Make sure that there is enough clearance around the weight bench to mount, dismount, and use the weight bench.**
6. **Inspect and properly tighten all parts regularly. Replace any worn parts immediately.**
7. **Keep hands and feet away from moving parts.**
8. **Always set both weight rests at the same height.**
9. **Keep children under 12 and pets away from the weight bench at all times.**
10. **Always wear athletic shoes for foot protection while exercising.**
11. **The weight bench is designed to support a maximum user weight of 300 lbs. (136 kg) and a maximum total weight of 610 lbs (277 kg). Do not place more than 310 lbs (140 kg), including the barbell, on the weight rests. Do not place more than 150 lbs. (68 kg) pounds on the leg lever. Do not place more than 50 lbs. (23 kg) pounds on the fly arms. Note: The weight bench is designed to be used with an Olympic barbell. The weight bench does not include a barbell or weights.**
12. **Always place an equal amount of weight on each side of the barbell.**
13. **Always exercise with a partner. Your partner should be ready to catch the barbell if you cannot complete a repetition.**
14. **If you feel pain or dizziness at any time while exercising, stop immediately and begin cooling down.**
15. **The decal shown here has been placed on the weight bench. If the decal is missing or illegible, call the telephone number on the front cover of this manual and order a free replacement decal. Apply the decal in the location shown.**


⚠WARNING
• Misuse of this machine may result in serious injury.
• Read user's manual prior to use and follow all warnings and instructions.
• Do not allow children on or around machine.
• Keep body, clothing, and hair free and clear of all moving parts.
• Replace label if damaged, illegible, or removed.

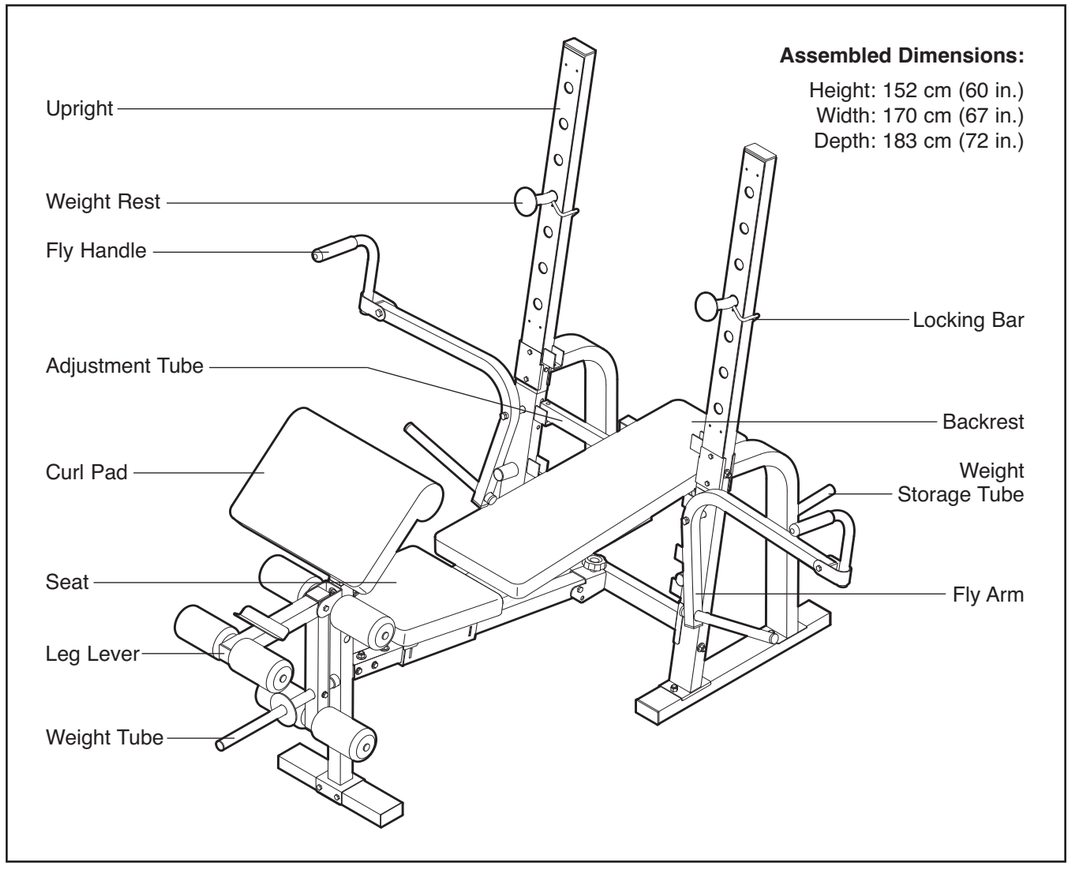
⚠WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

BEFORE YOU BEGIN

Thank you for selecting the versatile WEIDER PRO 330 weight bench. The weight bench offers a selection of weight stations designed to develop every major muscle group of the body. Whether your goal is to tone your body, build dramatic muscle size and strength, or improve your cardiovascular system, the weight bench will help you to achieve the specific results you want.

For your benefit, read this manual carefully before using the weight bench. If you have questions after reading this manual, please see the front cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number is WEEVBE1926.0. The serial number can be found on a decal attached to the weight bench (see the front cover of this manual).

Before reading further, please review the drawing below and familiarize yourself with the parts that are labeled.



PART LIST—Model No. WEEVBE1926.0

R0706A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Left Stabilizer	37	8	38mm x 75mm Inner Cap
2	1	Right Stabilizer	38	4	10mm Bushing
3	1	Left Upright Base	39	2	Weight Rest
4	1	Right Upright Base	40	1	Seat Pin
5	1	Crossbar	41	6	M6 x 16mm Screw
6	1	Left Rear Support	42	1	Seat Carriage
7	1	Right Rear Support	43	10	M10 Washer
8	1	Frame	44	10	25mm Round Inner Cap
9	1	Adjustment Tube	45	1	“T”-handle
10	1	Seat Frame	46	3	M8 x 58mm Bolt
11	1	Front Stabilizer	47	2	Bumper
12	1	Front Leg	48	4	M6 x 40mm Screw
13	1	Curl Post	49	5	M8 Nylon Locknut
14	1	Left Fly Arm	50	8	M8 Washer
15	1	Left Upright Plate	51	2	Spring Clip
16	2	Upright Cover	52	1	Right Fly Arm
17	2	Backrest Frame	53	1	M10 x 145mm Bolt
18	1	Leg Lever	54	4	M6 Washer
19	1	Weight Tube	55	1	M10 x 57mm Bolt Set
20	1	Curl Pad	56	2	Curl Knob
21	1	Seat	57	11	M4 x 16mm Self-tapping Screw
22	1	Backrest	58	26	M10 Nylon Locknut
23	6	Foam Pad	59	2	M8 x 52mm Bolt
24	3	Pad Tube	60	6	M10 x 58mm Bolt
25	2	19mm Round Inner Cap	61	1	12mm x 10mm Spacer
26	2	Square Bushing	62	1	25mm Round Outer Cap
27	1	Right Upright Plate	63	5	32mm Square Inner Cap
28	1	Right Upright	64	1	M10 x 72mm Bolt
29	1	Left Fly Handle	65	2	M10 x 130mm Bolt
30	2	Hand Grip	66	8	M10 x 93mm Bolt
31	1	Left Upright	67	8	M10 x 50mm Carriage Bolt
32	2	25mm x 40mm Inner Cap	68	4	Pad Cap
33	1	Right Fly Handle	#	1	User’s Manual
34	5	45mm Square Inner Cap	#	1	Exercise Guide
35	2	25mm x 50mm Inner Cap	#	1	Grease Pack
36	4	25mm Square Inner Cap	#	2	Hex Key

Note: “#” indicates a non-illustrated part. Specifications are subject to change without notice. See the back cover of the user’s manual for information about ordering replacement parts.

Rest for a short period of time after each set. The ideal resting periods follow:

- Rest for three minutes after each set for a muscle building workout.
- Rest for one minute after each set for a toning workout.
- Rest for 30 seconds after each set for a weight loss workout.

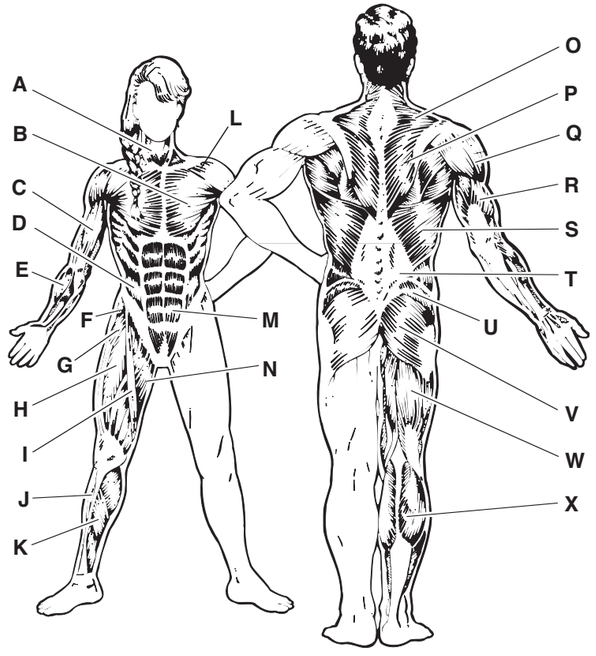
Plan to spend the first couple of weeks familiarizing yourself with the equipment and learning the proper form for each exercise.

COOLING DOWN

End each workout with 5 to 10 minutes of stretching. Include stretches for both your arms and legs. Move slowly as you stretch and do not bounce. Ease into each stretch gradually and go only as far as you can without strain. Stretching at the end of each workout is an effective way to increase flexibility.

STAYING MOTIVATED

For motivation, keep a record of each workout. List the date, the exercises performed, the resistance used, and the numbers of sets and repetitions completed. Record your weight and key body measurements at the end of every month. Remember, the key to achieving the greatest results is to make exercise a regular and enjoyable part of your everyday life.

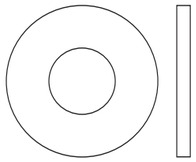


MUSCLE CHART

A. Sternomastoid (neck)
B. Pectoralis Major (chest)
C. Biceps (front of arm)
D. Obliques (waist)
E. Brachioradials (forearm)
F. Hip Flexors (upper thigh)
G. Abductor (outer thigh)
H. Quadriceps (front of thigh)
I. Sartorius (front of thigh)
J. Tibialis Anterior (front of calf)
K. Soleus (front of calf)
L. Anterior Deltoid (shoulder)
M. Rectus Abdominus (stomach)
N. Adductor (inner thigh)
O. Trapezius (upper back)
P. Rhomboideus (upper back)
Q. Posterior Deltoid (shoulder)
R. Triceps (back of arm)
S. Latissimus Dorsi (mid back)
T. Spinae Erectors (lower back)
U. Gluteus Medius (hip)
V. Gluteus Maximus (buttocks)
W. Hamstring (back of leg)
X. Gastrocnemius (back of calf)

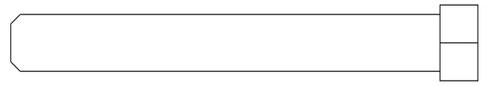
PART IDENTIFICATION CHART

See the drawings below to identify small parts used in assembly. The number in parentheses by each drawing is the key number of the part, from the PART LIST on page 18. **Note: Some small parts may have been pre-assembled. If a part is not in the parts bag, check to see if it has been preassembled.**

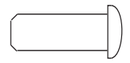

M10 Washer (43)

M4 x 16mm Self-tapping Screw (57)

M10 x 93mm Bolt (66)

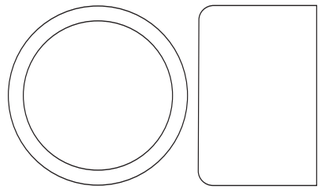

M10 x 72mm Bolt (64)

M8 Washer (50)


M6 x 16mm Screw (41)

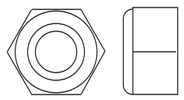
M10 x 57mm Bolt Set (55)

M6 Washer (54)


25mm Round Outer Cap (62)

M10 x 58mm Bolt (60)

M8 x 58mm Bolt (46)


M10 Nylon Locknut (58)

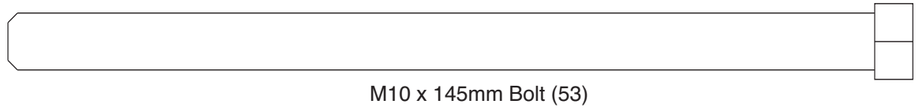
M8 x 52mm Bolt (59)

M8 Nylon Locknut (49)

M10 x 50mm Carriage Bolt (67)

M6 x 40mm Screw (48)

M10 x 130mm Bolt (65)


M10 x 145mm Bolt (53)

ASSEMBLY

Make Assembly Easier

Everything in this manual is designed to ensure that the weight bench can be assembled successfully by almost anyone. However, the weight bench has many parts and the assembly process will take time. By setting aside plenty of time, assembly will go smoothly.

Before beginning assembly, carefully read the following information and instructions:

- Because of its weight and size, the weight bench should be assembled in the location where it will be used. Make sure that there is enough clearance to walk around the weight bench as you assemble it.
- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.
- Tighten all parts as you assemble them, unless instructed to do otherwise.
- As you assemble the weight bench, make sure all parts are oriented as shown in the drawings.
- Assembly requires two persons.
- **For help identifying small parts, use the PART IDENTIFICATION CHART.**

In addition to the included hex keys and grease packet, the following tools (not included) are required for assembly:

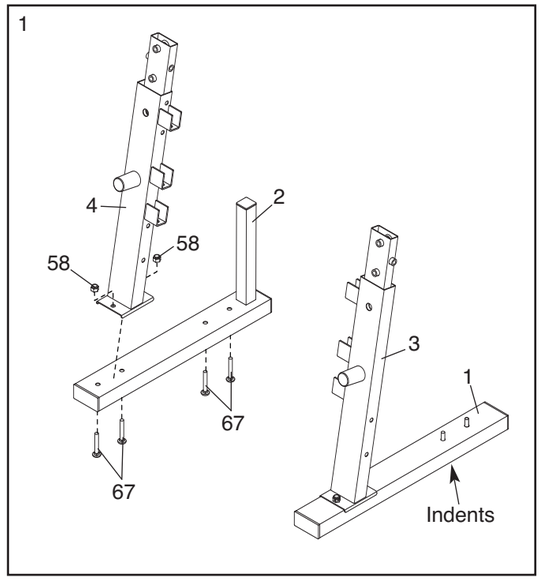
- **two adjustable wrenches**
- **one rubber mallet**
- **one standard screwdriver**
- **one Phillips screwdriver**

Assembly will be more convenient if you have a socket set, a set of open-end or closed-end wrenches, or a set of ratchet wrenches.

1. **Before beginning assembly, make sure you understand the information in the box above. For help identifying small parts, use the PART IDENTIFICATION CHART on page 5.**

Insert four M10 x 50mm Carriage Bolts (67) up through the Right Stabilizer (2). Attach the Right Upright Base (4) to the right Stabilizer with the indicated Carriage Bolts and two M10 Nylon Locknuts (58). **Do not tighten the Nylon Locknuts yet.**

Repeat this step with the Left Stabilizer (1) and Left Upright Base (3). Note: Make sure that the indents around the holes in the Left Stabilizer are on the bottom.



EXERCISE GUIDELINES

THE FOUR BASIC TYPES OF WORKOUTS

Muscle Building
To increase the size and strength of your muscles, push them close to their maximum capacity. Your muscles will adapt and grow as you progressively increase the intensity of your exercise. You can adjust the intensity level of an individual exercise in two ways:
- by changing the amount of weight used
- by changing the number of repetitions or sets performed. (A "repetition" is one complete cycle of an exercise, such as one sit-up. A "set" is a series of repetitions.)

The proper amount of weight for each exercise depends upon the individual user. You must gauge your limits and select the amount of weight that is right for you. Begin with 3 sets of 8 repetitions for each exercise you perform. Rest for 3 minutes after each set. When you can complete 3 sets of 12 repetitions without difficulty, increase the amount of weight.

Toning
You can tone your muscles by pushing them to a moderate percentage of their capacity. Select a moderate amount of weight and increase the number of repetitions in each set. Complete as many sets of 15 to 20 repetitions as possible without discomfort. Rest for 1 minute after each set. Work your muscles by completing more sets rather than by using high amounts of weight.

Weight Loss
To lose weight, use a low amount of weight and increase the number of repetitions in each set. Exercise for 20 to 30 minutes, resting for a maximum of 30 seconds between sets.

Cross Training
Cross training is an efficient way to get a complete and well-balanced fitness program. An example of a balanced program follows:
- Plan strength training workouts on Monday, Wednesday, and Friday.
- Plan 20 to 30 minutes of aerobic exercise, such as running on a treadmill or riding on an exercise cycle or an elliptical exerciser, on Tuesday and Thursday.
- Rest from both strength training and aerobic exercise for at least one full day each week to give your body time to regenerate.

The combination of strength training and aerobic exercise will reshape and strengthen your body, plus develop your heart and lungs.

PERSONALIZING YOUR EXERCISE PROGRAM

Determining the exact length of time for each workout, as well as the number of repetitions or sets completed, is an individual matter. It is important to avoid overdoing it during the first few months of your exercise program. You should progress at your own pace and be sensitive to your body's signals. If you experience pain or dizziness at any time while exercising, stop immediately and begin cooling down. Find out what is wrong before continuing. Remember that adequate rest and a proper diet are important factors in any exercise program.

WARMING UP

Begin each workout with 5 to 10 minutes of stretching and light exercise to warm up. Warming up prepares your body for more strenuous exercise by increasing circulation, raising your body temperature and delivering more oxygen to your muscles.

WORKING OUT

Each workout should include 6 to 10 different exercises. Select exercises for every major muscle group, emphasizing areas that you want to develop most. To give balance and variety to your workouts, vary the exercises from session to session.

Schedule your workouts for the time of day when your energy level is the highest. Each workout should be followed by at least one day of rest. Once you find the schedule that is right for you, stick with it.

EXERCISE FORM

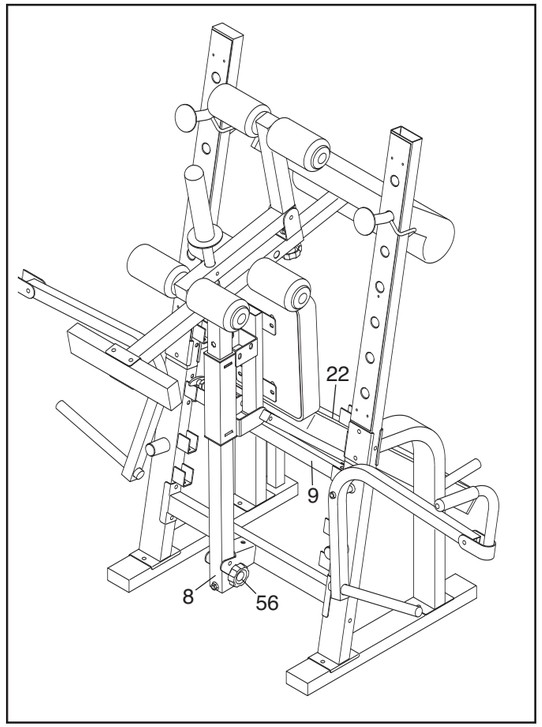
Maintaining proper form is an essential part of an effective exercise program. This requires moving through the full range of motion for each exercise, and moving only the appropriate parts of the body. Exercising in an uncontrolled manner will leave you feeling exhausted. On the exercise guide accompanying this manual you will find photographs showing the correct form for several exercises, and a list of the muscles affected. Refer to the muscle chart on the next page to find the names of the muscles.

The repetitions in each set should be performed smoothly and without pausing. The exertion stage of each repetition should last about half as long as the return stage. Proper breathing is important. Exhale during the exertion stage of each repetition and inhale during the return stroke. Never hold your breath.

STORING THE WEIGHT BENCH

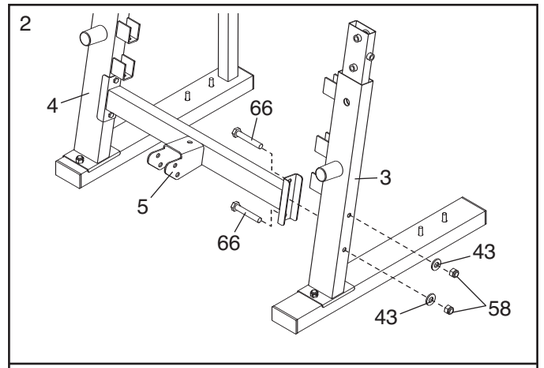
Set the Backrest (22) and the Adjustment Tube (9) to the position shown (see ADJUSTING THE BACKREST on page 12).

Remove the indicated Curl Knob (56) and lift the Frame (8) to the vertical position. Then, insert the Curl Knob in the location shown.



2. Attach the Crossbar (5) to the Left Upright Base (3) with two M10 x 93mm Bolts (66), two M10 Washers (43), and two M10 Nylon Locknuts (58). **Do not tighten the Nylon Locknuts yet.**

   Repeat this step with the Right Upright Base (4).

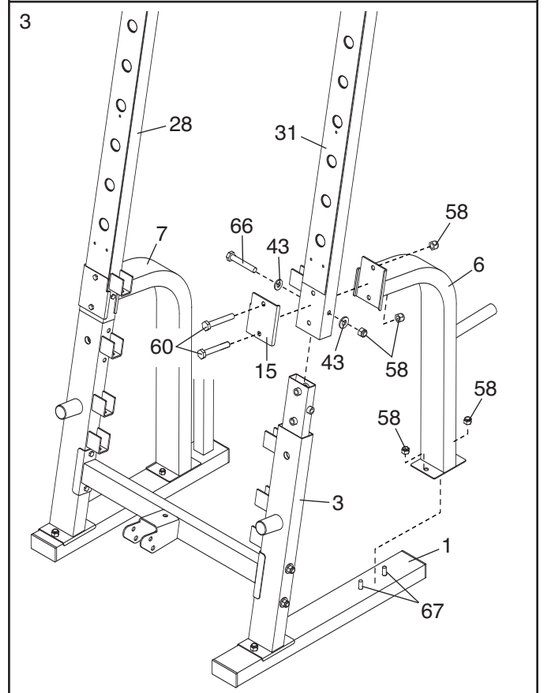


3. Slide the Left Upright (31) onto the Left Upright Base (3).

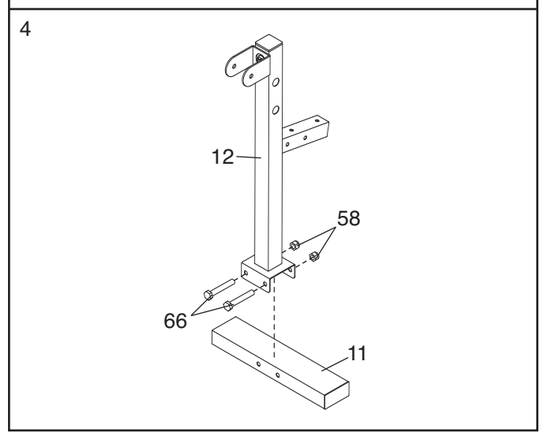
   Attach the Left Rear Support (6) to the Left Stabilizer (1) with the indicated M10 x 50mm Carriage Bolts (67) and two M10 Nylon Locknuts (58). **Do not tighten the Nylon Locknuts yet.**

   Attach the Left Rear Support (6) to the Left Upright (31) and the Left Upright Base (3) with two M10 x 58mm Bolts (60), the Left Upright Plate (15), and two M10 Nylon Locknuts (58). Finish attaching the Rear Support with an M10 x 93mm Bolt (66), two M10 Washers (43), and an M10 Nylon Locknut (58). **Do not tighten the Nylon Locknuts yet.**

   Repeat this step with the Right Upright (28) and the Right Rear Support (7).

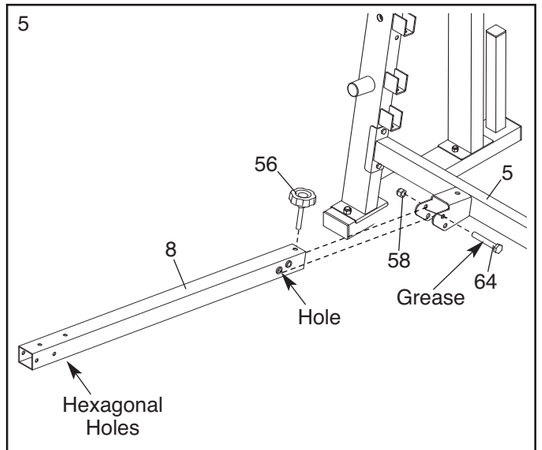


4. Attach the Front Leg (12) to the Front Stabilizer (11) with two M10 x 93mm Bolts (66) and two M10 Nylon Locknuts (58). **Do not tighten the Nylon Locknuts yet.**



5. Orient the Frame (8) so that the hexagonal holes are on the bottom. Next, apply a small amount of the included grease to an M10 x 72mm Bolt (64). Attach the Frame to the Crossbar (5) with the Bolt and an M10 Nylon Locknut (58). **Do not overtighten the Nylon Locknut; the Frame must pivot easily.**

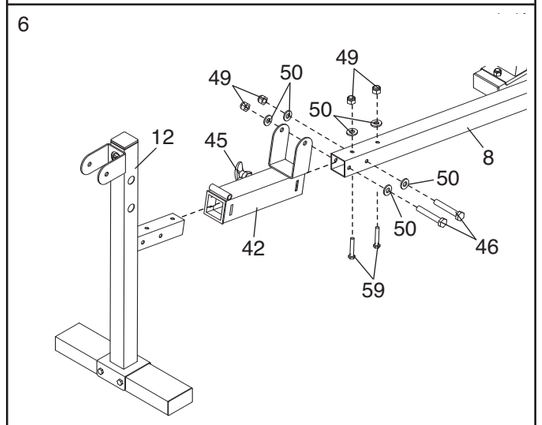
   Fully tighten a Curl Post Knob (56) into the Crossbar (5) and the Frame (8).



6. Tighten the "T"-handle (45) into the Seat Carriage (42).

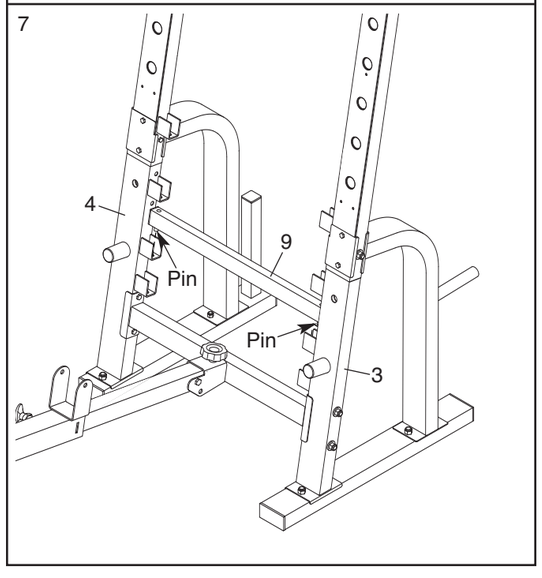
   Pull the "T"-handle (45) out as far as it will go and slide the Seat Carriage (42) onto the Frame (8).

   Attach the Front Leg (12) to the Frame (8) with two M8 x 52mm Bolts (59), two M8 x 58mm Bolts (46), six M8 Washers (50), and four M8 Nylon Locknuts (49). **Do not tighten the Nylon Locknuts yet.**



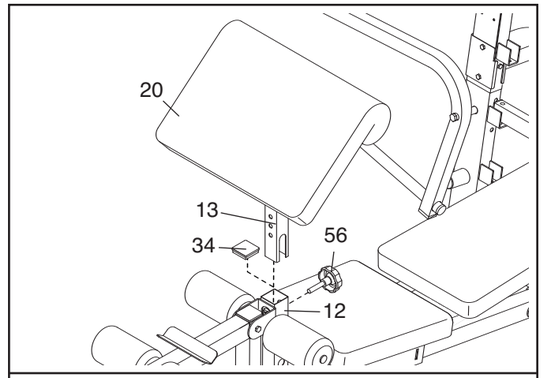
7. Set the pins on the Adjustment Tube (9) down into a set of brackets on the Left and Right Upright Bases (3, 4).

   See steps 1–6. Tighten the M10 Nylon Locknuts (58) and the M8 Nylon Locknuts (49) used in these steps.



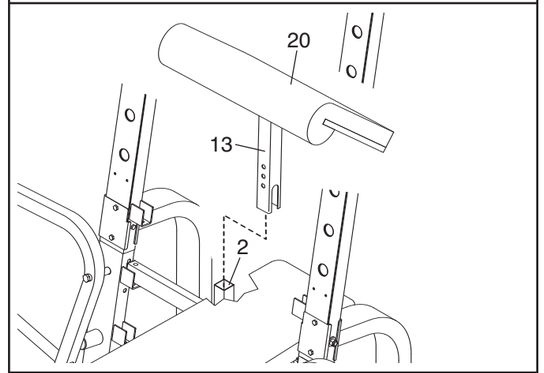
ATTACHING THE CURL POST

Remove the 45mm Square Inner Cap (34) from the Front Leg (12). Insert the Curl Post (13) into the Front Leg and align the holes in the Front Leg and the Curl Post. Secure the Curl Post with the Curl Knob (56). **Fully tighten the Curl Post Knob.**



STORING THE CURL POST

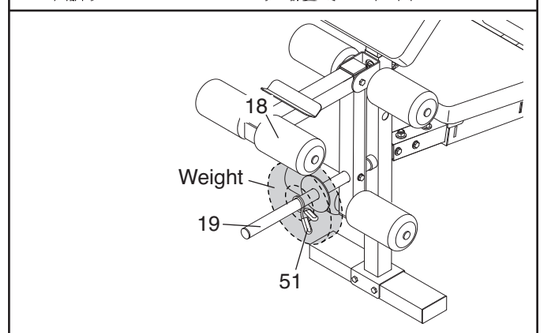
When performing exercises that do not require the Curl Pad (20), remove the Curl Post (13) from the Front Leg (12) and store it in the storage tube on the Right Stabilizer (2). Press the 45mm Square Inner Cap (not shown) into the Front Leg (not shown).



ADDING WEIGHT TO THE LEG LEVER

To use the Leg Lever (18), slide the desired amount of weight (not included) onto the Weight Tube (19). Secure your weights with a Spring Clip (51).

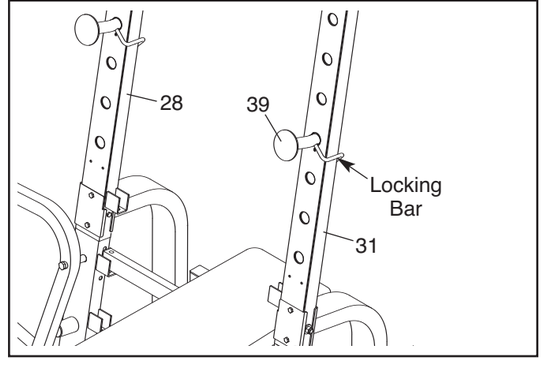
⚠WARNING: Do not place more than 150 pounds (69 kg) on the Weight Tube (19). Secure your weights with Spring Clips (51).



WEIGHT RESTS

To use a barbell (not included) with the weight bench, first move the Weight Rests (39) to the correct height for the exercise to be performed. Engage the locking bars around the Uprights (28, 31).

⚠WARNING: Always place both Weight Rests (39) at the same height. Make sure the locking bars are securely wrapped around the Uprights (28, 31) before setting a barbell on them.



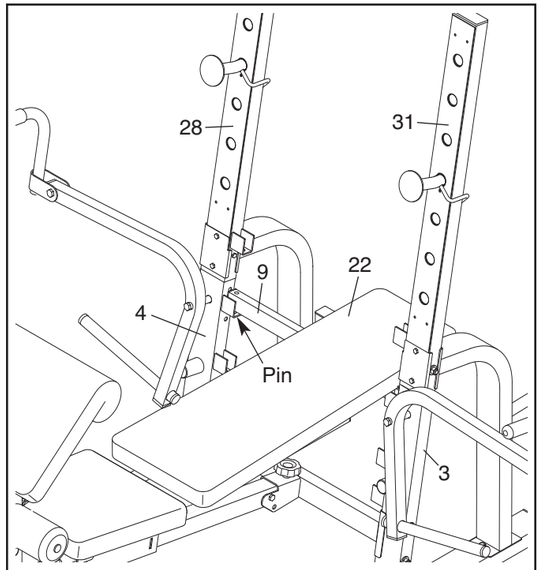
ADJUSTMENTS

This section explains how to adjust the weight bench. See the accompanying exercise guide to see the correct form for each exercise.

Make sure all parts are properly tightened each time the weight bench is used. Replace any worn parts immediately. The weight bench can be cleaned with a damp cloth and a mild, non-abrasive detergent. Do not use solvents.

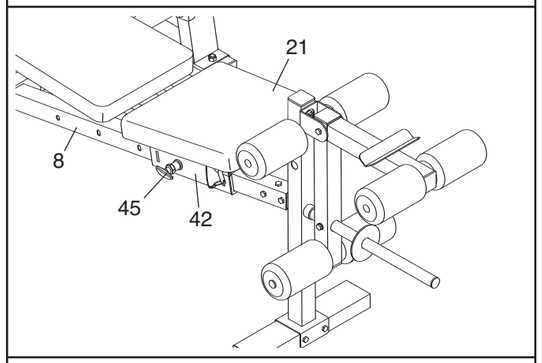
ADJUSTING THE BACKREST

To adjust the position of the Backrest (22), first move the seat carriage to the desired position (see ADJUSTING THE SEAT below). Then, move the Adjustment Tube (9) to the desired height. Make sure the pins on the Adjustment Tube are inserted into a set of brackets on the Left and Right Upright Bases (3, 4) or the Left and Right Uprights (28, 31). Finally, rest the Backrest on the Adjustment Tube.



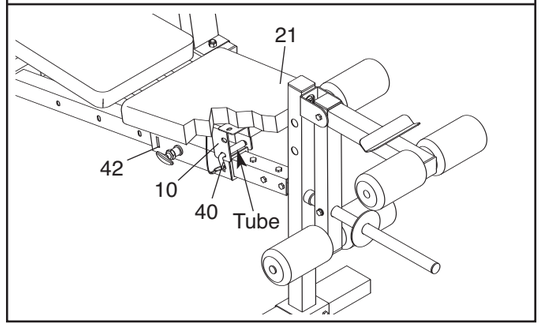
ADJUSTING THE SEAT

To move the Seat (21), loosen the "T"-handle (45) and pull it out as far as it will go. Slide the Seat Carriage (42) to the desired location and engage the "T"-handle into the Frame (8). Then, retighten the "T"-handle.



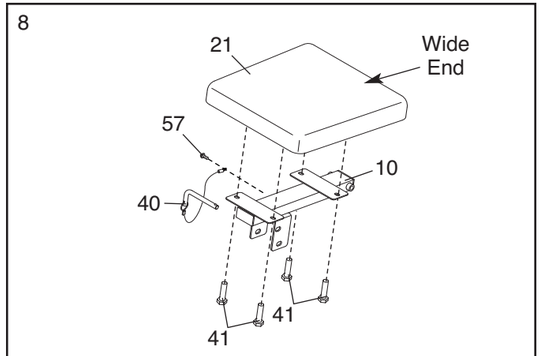
ADJUSTING THE SEAT FRAME

To adjust the angle of the Seat (21), remove the Seat Pin (40) and reinsert it into the other hole in the Seat Frame (10) and the tube on the Seat Carriage (42).

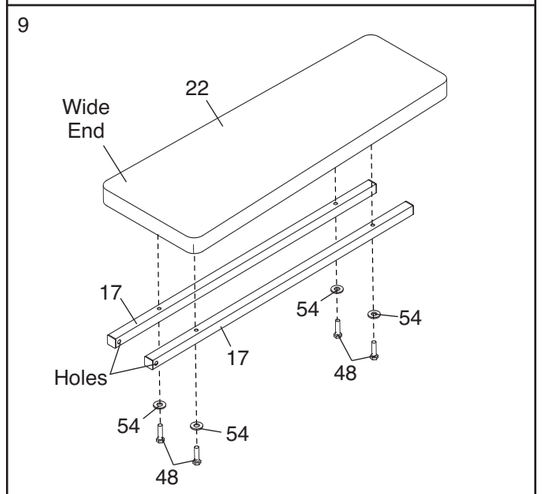


8. Attach the tether on the Seat Pin (40) to the Seat Fame (10) with an M4 x 16mm Self-tapping Screw (57).

   Orient the Seat (21) as shown. Attach the Seat to the Seat Frame (10) with four M6 x 16mm Screws (41).



9. Orient the two Backrest Frames (17) with the holes in the position shown and orient the Backrest (22) with the wide end in the position shown. Attach the Backrest to the two Backrest Frames with four M6 x 40mm Screws (48) and four M6 Washers (54). **Do not tighten the Screws yet.**

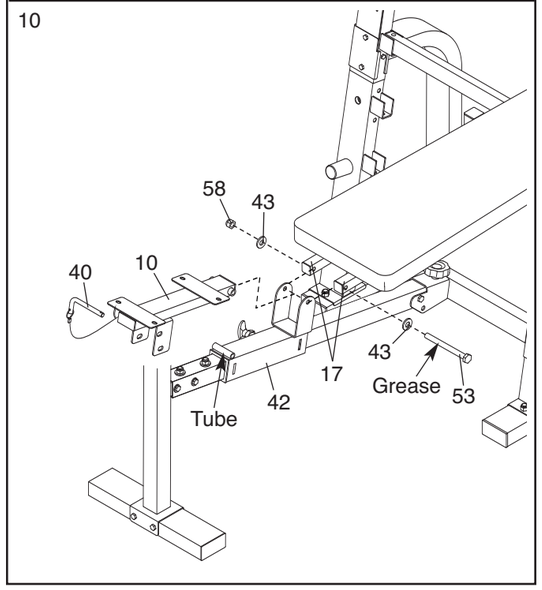


10. **Note: For clarity, the Seat (21 [see step 8]) is not shown in this drawing**.

    Apply grease to an M10 x 145mm Bolt (53). Attach the Seat Frame (10) and the Backrest Frames (17) to the Seat Carriage (42) with the Bolt, two M10 Washers (43), and an M10 Nylon Locknut (58). **Do not overtighten the Locknut; the Seat Frame and the Backrest Frames must pivot easily.**

    Insert the Seat Pin (40) through the Seat Frame (10) and into the tube on the Seat Carriage (42).

    Tighten the four M6 x 40mm Screws (48) used in step 9.



11. Attach the Weight Tube (19) to the Leg Lever (18) with an M8 x 58mm Bolt (46), two M8 Washers (50), a 12mm x 10mm Spacer (61), and an M8 Nylon Locknut (49).

    Press the 25mm Round Outer Cap (62) onto the end of the Weight Tube (19).

12. Apply grease to the barrel of an M10 x 57mm Bolt Set (55). Attach the Leg Lever (18) to the Front Leg (12) with the Bolt Set. **Make sure the barrel of the Bolt Set passes completely through the bracket. Do not overtighten the Bolt Set; the Leg Lever must pivot easily.**

13. Locate the Pad Tube (24) that has a 19mm Round Inner Cap (25) in each end. Insert the Pad Tube into either hole in the Front Leg (12). Slide two Foam Pads (23) onto the Pad Tube.

    Insert a Pad Tube (24) into one of the holes in the Leg Lever (18). Slide two Foam Pads (23) onto the Pad Tube, and press a Pad Cap (68) into the end of each Foam Pad. **Repeat with the other Pad Tube (24).**

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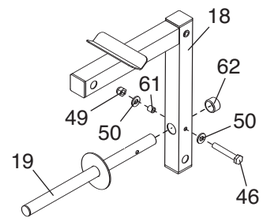

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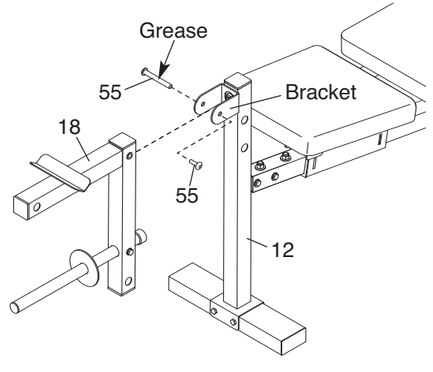

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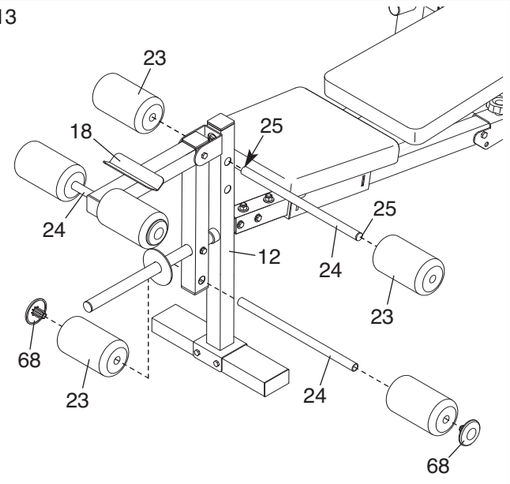

14. Attach the Right Fly Arm (52) to the Right Upright Base (4) with an M10 x 130mm Bolt (65), two 10mm Bushings (38), and an M10 Nylon Locknut (58). **Do not overtighten the Nylon Locknut; the Right Fly Arm must pivot easily.**

    Attach the Right Fly Handle (33) to the Right Fly Arm (52) with an M10 x 58mm Bolt (60) and an M10 Nylon Locknut (58). **Do not overtighten the Nylon Locknut; the Right Fly Handle must pivot easily.**

    Repeat this step for the other side of the weight bench.

15. Insert a Weight Rest (39) into one of the holes in the Left Upright (31) and engage the locking bar around the Left Upright.

    Repeat this step with the other Weight Rest (39) and the Right Upright (28).

16. Attach the Curl Pad (20) to the Curl Post (13) with two M6 x 16mm Screws (41).

17. **Make sure that all parts are properly tightened before you use the weight bench. The use of all remaining parts will be explained in ADJUSTMENTS, starting on the next page.**

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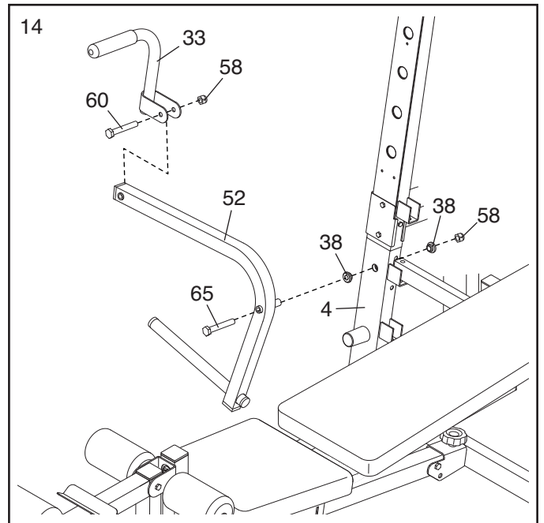

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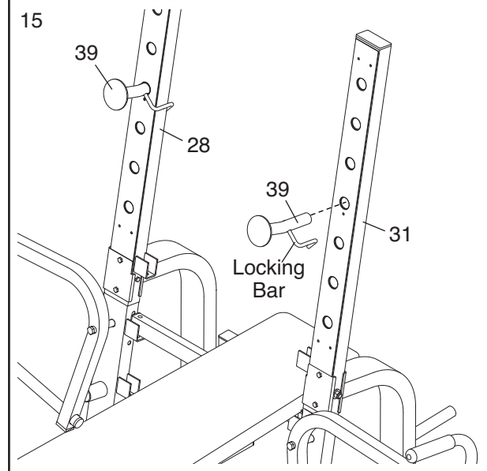

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